Restricted Diet Made Palatable

By M. T. CARO

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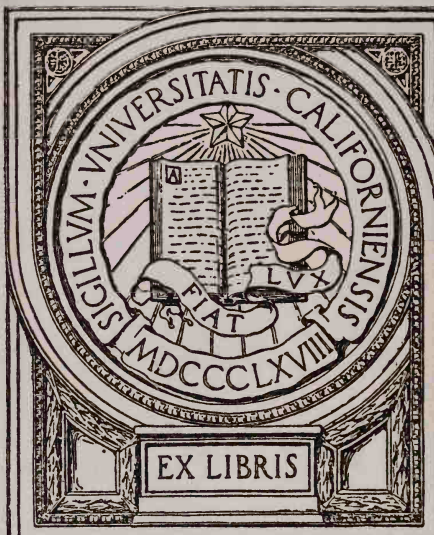

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RENÉ BINE, M.D.

RESTRICTED DIET MADE PALATABLE

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Recipes for Cooking Appetizing Dishes In Complete Accordance with the Dietary Restrictions of Physicians for

DIABETES OR OBESITY

And Such Other Conditions as Forbid the Use of SUGARS, STARCHES and Other CARBO-HYDRATES

By M. T. CARO

WITH AN INTRODUCTION BY
ALBERT ABRAMS, M. D.

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PREFACE

The recipes herein given are in the main the results of actual experience gained by the compiler in ministering to the wants of a dear Mother who for many years was a sufferer from that dread malady Diabetes.

Only those familiar with such conditions realize the necessity of a strict diet, and the care that must be exercised in selecting foods that will not prove injurious to the patient. A long list of otherwise wholesome foods are almost like poison in their effect in diabetes and the necessity of continuous watchfulness and abstinence from the most tempting foods hangs like a dark shadow over the lives of the poor sufferers, marring much of pleasure in life.

To ameliorate this condition and to remove this ever pressing pang of fear the author has given years of her life to the study and preparation of foods at once nutritious, wholesome, and palatable, yet in every respect in accordance with the requirements of physicians and free from any deleterious effects. By strictly observing the recipes in this little book one may prepare sumptuous meals of which diabetics may partake without fear of any evil consequences, and thus enjoy a degree of happiness and mental repose which more than anything else, tends towards prolonging life.

I may add that I am publishing these recipes in response to many requests of physicians who have recommended them to their patients and in

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the hope that their wider dissemination may give a larger number of sufferers encouragement and material aid in their struggle against their malady.

THE AUTHOR.

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INTRODUCTION

At the present day, diabetes is successfully treated by prophylactic, hygienic, dietetic and medicinal methods. One dare not contravene the asseveration, that some cases of the disease, if recognized sufficiently early, may even be cured. Some one has made the sapient observation that, "the only chance a diabetic has of being cured is to believe that he is never cured." From the latter, the paraphrast deduces that the diabetic must constantly avoid all hygienic and dietetic indiscretions. The medicinal treatment of diabetics is a disappointment and the best results are attained by a diet which practically excludes carbo-hydrates (starches and sugars). Physicians realize how difficult it is to execute a regimen of this kind inasmuch as the craving for starches and sugars, especially for bread, is most intense. It is a matter of common observation that a tranquilized nervous system aids the dietetic treatment of diabetics and if the patient is placed on a rigid and unpalatable dietetic system, the worry incident to the deprivation of certain foods, in addition to over-indulgence in foods which are permitted, may defeat the very object to be desired.

Miss Caro has been eminently successful in preparing a large variety of delicacies, without the use of carbo-hydrates and by so doing has conciliated the appetite of the diabetics. One can not say that she has absolutely excluded all starchy food from her delicacies but it is in a measure an advantage, inasmuch as the modern

physician permits a more liberal dietary in diabetes. Her diet lists are at least not deceptive, which cannot be said of many substitutes for bread on the market which contain not only as much starch as wheaten bread but possess no nutriment at all.

I may say in conclusion that the dietary of a diabetic must be constantly supervised by a physician, for the latter is alone competent to say by periodic examination of the urine, the effect upon the disease by excluding and permitting different articles of food and drink.

ALBERT ABRAMS.

San Francisco, April, 1911.

NOTES ON DIABETES

Diabetes is a disease characterized by the passage of a large quantity of urine containing sugar, excessive thirst, excessive appetite, muscular weakness and languor. It is much more frequent among the wealthy than the poor, because of their sedentary habits, and over-indulgence in eating.

Scientific investigation shows that normally blood contains a small but constant percentage of sugar. When this amount is exceeded, there is an overflow into the urine. This is nature's method of restoring the blood to its normal composition.

There is a direct relation between obesity and diabetes. A great medical authority holds that certain obese individuals, though they may have no sugar in their urine are still diabetics. There is an excess of sugar in the blood, but instead of passing out through the kidneys as waste, this sugar is converted into and deposited as fat. This then is a diabetic habit, which antedates the diabetes. Diabetes in corpulent persons rarely appears before the fortieth year. Emaciation may subsequently occur but usually fat and diabetes persist together.

Patients live for many years in comparative comfort, with mild form of diabetes, now better, now worse, the condition varying under indiscretion in diet, fatigue, shock, nervous excitement or worry.

It is doubtful whether diabetes can be prevented. If there be a family history of diabetes, obesity

or gout, such predisposed individuals should be cautioned at an early age against over-indulgence in starchy and saccharine foods. Such a predisposition can always be expected in gouty and obese subjects, and they should therefore avoid excess in eating and drinking in connection with sedentary living.

The regulation of the diet is the most important part of the treatment of diabetes. As a rule the intensity of the disease corresponds with the amount of sugar or sugar-forming substances in the food. All diet tables have as their basis the selection of foods which contain the least possible amount of starch or none at all, and the elimination of sweets. This is not always the case, however. In the emaciated the quality and quantity of food must be regulated without regard to the intensity of the diabetes so that there be no further loss of bodily weight, but rather, if possible, an increase of flesh. In the obese a rigid diet may be instituted with safety and positive benefit. Here loss of flesh is desirable.

Patients rebel naturally against the exclusion of starchy food, particularly bread. The natural craving for bread is intensified by the disease itself.

There have been many substitutes offered for bread. That made from gluten flour is the principal one. Few gluten flours are reliable. Some contain as high as 60 to 70% of starch. At the best, the bread made from gluten flour is tough, doughy, and difficult of digestion. It would be best if patients would be brought as little as possible in contact with the selection and preparation of their own food, because of the

aversion that is likely to arise, and because of the mental depression that such constant attention to diet will produce.

For many years the writer has lived and associated with many who are affected with the disease. The necessities of the situation, and the keen desire to eliminate the many difficulties already discussed, have induced her from time to time to make many culinary experiments and combine variety with palatability in the preparation of the diabetic regimen for those so affected. She has succeeded beyond her expectations. None but those cognizant of the true state of affairs could distinguish any difference in the foods so prepared from those to which they were ordinarily accustomed. The patients themselves are relieved from the responsibility of selection and from the monotony of sameness. They do not suffer from mental depression, mingle in the amusements of the universal life, and attend to their ordinary affairs without thought of the absolute incurability of their disease.

To the obese and the diabetic, these recipes are dedicated, in the sincere hope that they all may be content with their lot and recognize in the vanity of pleasant and palatable dishes that they are not shut off from the enjoyment of all the good that life has in store for themselves and others.

M. T. C.

San Francisco, April, 1911.

RESTRICTED DIET MADE PALATABLE

Good Things to Eat
For Diabetics

RENÉ BINE, M. D.

ALLOWED

Eggs, meat, fish, oysters, tomatoes, onions, string beans, cauliflower, lettuce, chicory, spinach, artichokes, romaine, olives, cold slaw, radishes, asparagus, mushrooms, cucumbers, cabbage, sprouts, pickles, buttermilk, gelatine, ice cream, wine jelly (without sugar), caviar, apples, raspberries, blackberries, currants, lemons, oranges, peaches, walnuts, cheese, almonds, cocoanuts, turnips, celery and coffee.

NOT ALLOWED

Pears, rhubarb, grapes, potatoes, beans, carrots, rice, sago, tapioca, cornstarch, bread, cornmeal, buckwheat, beets, sweet wine, liquor, malt liquor, champagne.

NOTE

In making up these recipes, when sucre edulcore is specified, if desired saccharine can be used in its place. This sugar (sucre edulcore), which is a preparation expecially made for diabetic people, is imported but the saccharine can be purchased from any drug store. I have found that the sucre edulcore gives very much better results than the saccharine and also that the patients prefer the sucre edulcore for coffee or in anything where it is not cooked long. In preparing these foods if they are found too sweet or not sweet enough, more or less of these tablets can be used according to taste. One of these small tablets is equal in sweetness to one cube of ordinary sugar. They must always be dissolved in a liquid.

In regard to the flour, when flour is used as thickening or in any other case, gluten flour must always be used.

In the printing of the book it has been the intention of the author to leave sufficient space on each page for the writing of special comment of the physician or nurse, and for the insertion of additional recipes.

Soups

OXTAIL SOUP

Take 1 lb. of beef, 2 oxtails chopped up, 1 large onion, celery root and parsley. Boil in ¾ gallon of water. Brown in a pan of 1 spoon of fat, 1 tablespoon gluten flour. Strain soup and add oxtails after you have thickened soup with a little flour.

CREAM OF CELERY

Cut into 1 pt. of water 2 stalks of celery. Add ½ teaspoon pepper and ½ teaspoon salt. Let boil until soft and mash fine in water that it has been cooked in. Boil in 1 pt. of milk, 1 small onion, let cook a few minutes and take out, then thicken the milk with one tablespoon of gluten flour dissolved first in a little water. Pour the contents of both boilers together and let boil a little.

JULIENNE SOUP

Cut vegetables fine and boil in the soup for two hours. Two heads lettuce and cabbage, asparagus tips, a cup of green peas, a piece of butter, pepper, salt and enough water or stock to cover. Let cook until the vegetables are very soft.

BREAD SOUP

Soak gluten bread. Then squeeze out and put on in a sauce pan with milk enough for a soup. Pepper, salt and a big piece of butter.

EGG SOUP

Hard boiled eggs chopped fine, put in tureen and pour soup over it.

GLUTEN FLOUR SOUP

Put a good piece of butter in a frying pan and a cooking spoon of gluten flour. Let this get brown. Pour in enough water for a soup, pepper and salt and some gluten flour crumbs. Beat up one or more eggs and pour in it.

CLAM SOUP

Chop the necks of the clams fine. Leave the clams whole. Put a tablespoon of butter in a farina boiler and let get hot. Add 1 tablespoon of gluten flour and let get a golden brown. Pour in 1 pt. of milk and let boil. When boiling put in the clams, the necks chopped fine, pepper, salt and a little chopped parsley.

MILK BROTH

Toast some small pieces of gluten bread in butter. When toasted take out and put in a bowl. Use the same pan with the butter. Add a teaspoonful of gluten flour. Pour in enough milk (½ milk and ½ water) to fill the bowl.

Then mix the yolk of 1 egg with a little of the broth. Pour all this into the bowl, season with salt, pepper, and a little chopped parsley.

CHICKEN SOUP

Put your chicken on in cold water and bring it to the boiling point on a moderate fire. Season with pepper, salt, onion and parsley. Let cook until the meat falls from the bone. Take ½ cup gluten flour, mix a little salt in an egg. Drain your soup, let it come to a boil and drop a teaspoonful at a time into the soup.

CREAM SOUP

Put 1 pt. of milk on to boil in a double boiler. Rub together 1 tablespoonful of butter and 2 tablespoons gluten flour. Add to the boiling milk and keep stirring until thick. Season with pepper and salt.

GREEN PEA SOUP

Make a cream soup. Boil the peas and put in a little before serving. Add small pieces of gluten bread toasted.

CONSOMME A LA COLBERT

Prepare 6 small rounds of gluten bread toasted. Poach 6 eggs. Lay the eggs upon the toast and place one in each cup, fill up with the consomme. Sprinkle a little chopped parsley in each cup.

NOODLE SOUP

Two quarts stock. The noodles made of gluten flour. Let the soup boil. Drop in your noodles, pepper and salt and let boil 15 minutes.

OYSTER SOUP

One pint of milk, 12 oysters, 2 tablespoons gluten flour, pepper and salt, 1 tablespoon butter. Crumbs of toasted gluten bread. This is much the same as clam soup.

CLEAR SOUP

Bring the soup to a boil. Add pepper and salt. Serve with pieces of toasted gluten bread rubbed on both sides with garlic. (Or you can put in the same as you would for chicken soup.)

BRAIN SOUP

Let the brains stand for ½ hour in cold water. Skin and then boil until hard. Melt two tablespoonfuls of butter and add to this one-half cup of gluten flour. Add as much stock as you would like, stirring continually, so as to prevent lumps. Chop the brains, also some parsley and put in the soup. Let boil 10 minutes and then put aside on the stove until ready to serve. If the soup is too thin take the yolk of 1 egg and

stir with a little cold water. Put into soup tureen and pour soup over it.

PUREE OF PEAS

Have enough stock ready for the amount of soup you would like. Add 1 can of green peas to the stock. Let cook until peas are very soft so that they can be mashed through a strainer, thicken with 1 cooking spoon of gluten flour. Mix the flour with ½ cup of milk. Add a piece of butter, pepper and salt. Serve with croutons made of gluten bread.

CREAM OF ASPARAGUS

Boil in some soup stock 1 bunch of asparagus. Keep the tips of one bunch for further use. Press through a colander. Add this to the soup stock and thicken with 1 tablespoon of gluten flour dissolved in a little water. Boil ½ pt. of cream and pour in soup tureen. Then add the other soup also asparagus tips, pepper and salt.

BISQUE OF CLAMS

Scald 24 large clams in their own juice and drain off the liquor. Then chop very fine and put in the same liquor, adding 1 quart of soup stock that has been well seasoned, 1 cup of sweet cream, that has been scalded in a double boiler. Serve with croutons made of gluten bread.

EGG CUSTARD FOR SOUP

Break into a dish 2 eggs, ¾ cup of milk. Stir until smooth, add a pinch of salt. Set this dish in a pan of boiling water on the stove and let custard get thick. When it is done cut in pieces and put in tureen ready to serve.

GLUTEN CRACKER BALLS

Three tablespoons of cold goose grease or butter, mixed to a cream. Add 2 eggs, chopped parsley, salt and ginger. Roll 5 gluten crackers, mix, and roll into balls. Drop into soup and let cook 5 minutes.

EGG BARLEY

Put into bowl the yolk of 1 egg, add enough gluten flour to make a dough too stiff to work. Grate this on a coarse grater and then put on a board to dry. Drop this into the soup about 10 minutes before serving and let boil.

TO MAKE NOODLES

Put 2 good size cooking spoons of gluten flour in a bowl, make a hollow in the center and break in an egg. Take the handle of the spoon and stir the egg until the flour is all mixed. It must be quite stiff. Flour the board and roll out thin as you can get it. Lay on a table to dry. When dry roll it and cut in half. Lay one half on the other and cut very fine or as you would like.

Soup—Have your soup boiling before putting in. Let boil 5 minutes or they will get thick if you let them stand after the 5 minutes.

CROUTONS FOR SOUP

Cut up some stale gluten bread into squares. Put a piece of butter in a frying pan and let get

very hot. Fry the bread in this and let get a nice brown.

SMALL DUMPLINGS FOR SOUP

A little soup fat, 1 spoon of gluten flour and 1 egg, stir fat to a cream then add 1 egg. Then flour and salt. Drop by teaspoon into boiling soup. Must be boiling.

Fish and Other Sea Food

SOLE A LA COLBERT

Peel upper skin off fish and cut fish along bone as clean as possible. Divide into 4 filets. Break off bones. Put in pot 1 pt. of water for stock, also head of fish and trimmings. Shape the 4 pieces of fish as evenly as possible. Take each one and curl same around your thumb, taking care that the skin side will be inside the curl. Put in a greased baking pan, squeeze over each a little lemon juice and a pinch of salt, also a little cayenne. Cover over with buttered paper and bake in a rather quick oven from 8 to 12 minutes.

Sauce—Boil stock down to ½ pt. Melt in a small saucepan 1 tablespoon butter, add 1 tablespoon gluten flour, mix off the stove until very smooth, then let cook 1 minute before adding ½ pt. stock, 1 tablespoon anchovy sauce. Garnish the top with the following, made sometime before the fish is cooked: One tablespoon butter, 1 teaspoon finely chopped parsley, worked well together, as much lemon juice as can be worked in without thinning, cayenne. Make into flat cakes and allow to get cold and stiff and put on top of each filet and pour sauce around.

TO FRY FISH

Salt the fish, roll in gluten bread crumbs or gluten flour. Dip into a beaten egg and a little salt. Put a piece of butter in frying pan and allow to get very hot, put the fish in and let get a nice brown on both sides. Serve with a butter sauce, or any other sauce to taste.

FRIED SMELTS

Salt the fish, roll in beaten egg and then in gluten flour. Fry in very hot butter.

FISH CROQUETTES

If you have some boiled fish left, take the meat from the bone, season with pepper and salt and a little chopped parsley. Mix 1 teaspoon with gluten flour with milk. Beat in an egg and add to fish. Make into balls and roll in gluten bread crumbs or gluten flour. Fry in hot butter and serve with a mayonnaise.

FISH WITH A CREAM SAUCE

Either salmon, bass, cod, etc

Leave whole, clean and salt. Put a large slice of butter on top and let bake from 20 to 25 minutes if small.

Sauce—One piece of butter, 1 spoon of gluten flour, 1 whole can of mushrooms, strained, 1 ten-cent can of cream with a little milk added. A little salt, pepper, tomato juice. Add mushrooms lastly. Throw over the fish when sauce is cooked and let bake about 10 minutes longer.

SALMON

Take ½ vinegar and ½ water, a few laurel leaves and a few whole cloves, also a bunch of different kinds of vegetables (what is termed a bouquet). Put your fish in and let boil until tender. Allow this to get cold and serve with sauce tartar.

SALMON SOUFLE

Two tablespoons of butter, 2 tablespoons gluten flour, 1 teaspoon salt, 1 pt. of cream, 1 cup stale gluten bread crumbs, 1 teaspoon onion juice,

1 teaspoon chopped parsley and 1 teaspoon lemon juice, 1 pound cooked salmon, 3 eggs. Put on your pan and let it get hot. Put in butter and add gluten flour. Allow this to get a golden color. Add the milk and seasoning. Then add the crumbs, the yolks well beaten, the lemon juice and onion juice, parsley and salmon picked very fine. Mix well with a wooden spoon. Then add the whites of the eggs beaten stiff. Pour this into a well buttered dish. Bake. Can be served with any sauce.

SOLE AU GRATIN

One cooking spoon of butter in a frying pan. Allow to get very hot. Roll the fish well in gluten flour and lay them in the pan. Season with pepper, salt and ginger and add tomato sauce to taste, parsley, onion and a small piece of garlic chopped fine. Put in oven ½ hour. Taste it. Then add oysters, shrimps and the juice of the oysters. Then allow to cook ¼ hour longer.

FRIED SEA BASS

Dip your fish in gluten bread crumbs or a little gluten flour and fry in very hot butter. Season to taste.

FRITTERS OR FISH BATTER

One cup of gluten flour, 1 sucre edulcore (dissolved in a teaspoon of milk, for fritters). One salt spoon of salt, for fish. One-half cup or a little less of hot water, 1 tablespoon of olive oil, white of 1 egg. Sift all the dry ingredients, add water and oil gradually and beat until smooth. Beat white of egg stiff and fold in batter just before using.

FISH EN PAPILLOTTES

Take sole. Take brown paper and oil well. For each slice of fish fry a piece of ham or bacon. Put the fish in paper and season on both sides. Lay the slice of ham or bacon under the fish and on top put a slice of lemon. Bake in oven. Parsley chopped very fine.

BOILED SALMON

Slice your fish. Boil. When finished pour over a sauce of melted butter, chopped parsley, the juice of a lemon and a little salt.

BOILED SALMON, NO. 2

Boil a piece of salmon and when ready to serve pour over it a drawn butter sauce (see butter sauce), to which can be added shrimps, mushrooms and oysters, also two hard boiled eggs chopped fine.

FISH ALSACIENNE

Cover bottom of pot with oil. When hot, brown a large spoon of gluten flour and add enough water to cover your fish. Put the fish in pot when this boils. Add parsley, onion and small piece of garlic chopped very fine. Plenty salt and pepper and a little ginger. Keep shaking the pot occasionally so that the fish does not burn. Serve cold.

OYSTER FRITTERS

Take the water off the oysters. Mix enough flour with this water to make a dough a little stiffer than pancake dough. Add the yolks of two eggs and lastly beaten whites. Just before

frying sprinkle the oysters with pepper and salt. Dip the oysters into the batter and fry in hot fat. Take out with a sieve.

OYSTERS OR SHRIMPS A LA CREOLE

Toast some slices of gluten bread, lay on the bottom of dish. Put on each slice some oysters or shrimps and keep warm in the oven. Put in a pan 1½ cups of tomato sauce, pepper and salt. Also put in a tablespoon of butter. Let this boil thoroughly. Pour over the platter of toast, etc., and serve hot.

CREAMED OYSTERS ON TOAST

Take 1 pt. of oysters and drain off their liquor. Let the liquor come to a boil and add salt and pepper. Then take this off the fire.

CREAM SAUCE

Rub together 1 tablespoon of butter and two tablespoons of gluten flour—get very smooth. Put this on stove and stir in a pint of cream or milk. Let it get thick and be sure that same is smooth. Add pepper, salt and chopped parsley. Add the oysters to cream and allow them to become very hot, then pour over toast made of gluten bread. Serve on a hot dish.

ESCALLOPED OYSTERS

Sprinkle bottom of dish with gluten flour. Put over this a layer of oysters. Sprinkle salt, pepper, butter, chopped parsley and more gluten flour. Add another layer of oysters and keep on this way until your pan is almost filled. Beat the yolks of two eggs with a cup of milk and pour over all. Sprinkle a little flour on this and bake.

OYSTER STEW

Twenty-five oysters, ½ pt. milk, ½ tablespoonful butter, ½ tablespoonful gluten flour, a pinch of salt and a pinch of pepper. Put the liquor of

the oysters on to boil. As soon as it boils, skim the scum off, add the milk and let it boil. Rub the flour and butter together and add to the milk when it boils. Stir until it thickens. Add the oysters to the cream. Do not let them boil, but let them get thoroughly warm.

OYSTERS

Twelve oysters, ½ tablespoonful gluten flour. ½ cup sweet milk, ½ tablespoon butter, yolks of two eggs, a little chopped parsley, a pinch of cayenne and a pinch of salt.

OYSTER SANDWICH

Take gluten bread and cut round, spread with sardellen butter and place a few oysters on each.

OYSTER STEW, NO. 2

Place a good piece of butter in a pan. Let it get hot. Put in 1 tablespoon of gluten flour and let this get a golden brown. Add 1 pt. of milk, 1 pinch of salt and a little pepper. Let this boil for a little while, drop in your oysters, and let them come to a boil.

FRIED OYSTERS, NO. 1

Dip oysters into egg. Then into gluten flour, again into the egg and flour. Then drop into swimming butter. Shake pan, brown on one side, then on other. Add a little salt. Serve while hot.

FRIED OYSTERS, NO. 2

Make a batter—1 cup gluten flour, two eggs and a little salt. Dip each oyster well into the batter and fry in swimming fat.

OYSTER POULETTE

One hundred California oysters, butter the size of an egg, 1 teaspoonful gluten flour, 3 tablespoons of oyster broth, 3 of hot cream, the yolk of 1 egg, pepper and salt.

Melt the butter in a pan. Then stir in the flour, add the broth and cream and let boil for a few minutes. Drain the oysters and add. Let boil 3 minutes. Then add the egg, well beaten, and a little of the hot cream, pepper and salt. Pour the mixture over toast made of gluten bread or in individual dishes.

OYSTER PATTIES

Have your patties ready and keep on a warm platter until ready to be filled. Place in a sauce pan a good piece of butter, your oysters with their own liquor and let boil. Add a little cream. Beat up the yolks of 2 eggs with a little salt and pepper. Remove the oysters from the fire and stir in the eggs. Fill the patties and set in oven and bake 5 minutes. (See how patties are made.)

SHRIMP SAUTE, NO. 1

Large piece of butter and gluten flour (about 1 tablespoonful of each). Place in a frying pan and let get a nice brown. Add 1 cup of sour cream (must be thick), 1 cup of soup and a handful of chopped parsley. Let this cook about 10 minutes with shrimps in it. Then add some mushrooms 10 minutes before serving

CREAMED SHRIMPS

Twenty-five cents worth of picked shrimps, 1 tomato, 1 pt. of milk, 2 tablespoons of butter, 2 tablespoons of gluten flour, pepper and ¼ teaspoon of salt. Put on milk in a double boiler. When at boiling point, add butter and gluten flour rubbed smooth, pepper and salt. Stir until smooth and thick and thoroughly cooked. Then add tomato, and last picked shrimps. Serve on toasted gluten bread.

FRIED CRABS

Made the same as fried oysters.

CRAB EN SHELL

Put a good lump of butter in a frying pan, get hot and add 1 cookingspoon of gluten flour. Allow to get brown but not too dark. Then add crab and at the same time a little chopped parsley. Take out of pan and add 2 eggs, pepper, salt, and 1 cup of cream. A little tomato sauce. Put in shells and sift gluten flour on each: also a piece of butter on each. Put in roasting pan with a little water. Bake about 15 minutes. Serve with limes.

CRAB A LA POULETTE

Pick the contents of 1 crab. Put a piece of butter in a pan. Add 1 spoon of gluten flour and let it get a golden brown. Add 1 cup of cream, 1 teaspoonful of Worcestershire sauce, 1 pinch of pepper and salt. Add a little milk if necessary. Pour this over the crab and mix well. Put on a baking platter and set this in a larger pan with water underneath, the same as is done with a double boiler on top of the stove. Sprinkle a little grated cheese over the top before putting into the oven, and let it get a nice brown.

LOBSTER CUTLETS

Chop lobster fine and season with salt, dry mustard and a little cayenne pepper. Moisten with 1 cup of cream. Roll in gluten crumbs (made of bread or crackers), dip in egg and crumbs again, shaping like a cutlet. Fry in boiling grease.

LOBSTER CHOPS

Two cups of boiled lobsters, 1 cup of cream or milk, 3 tablespoons of gluten flour, 1 tablespoon of butter, 1 tablespoon of chopped parsley. Yolks of 2 eggs, salt, and cayenne pepper to taste.

Add all the seasoning to the lobster. Put the cream or milk on to boil. Rub butter and gluten flour together and add to the boiling milk. Now add the beaten yolks of the eggs, and cook two minutes. Take from the fire and add to the lobster. Mix well and turn into a dish to cool. When cool, shape into chops. Dip first in beaten egg, then in gluten bread crumbs, or gluten flour. Fry in boiling oil until a nice brown. Drain and arrange on a hot dish, put the neck of a small clam in each chop and garnish with parsley. Serve with cream or tartar sauce.

LOBSTER A LA NEWBERG

For four persons

Get a lobster weighing four pounds, 2 tablespoons of butter, 1 scant teaspoonful of salt, 2 tablespoons of brandy and a pinch of pepper. Mix 4 tablespoons of milk, extra with cream, yolks of 2 eggs. Cut the meat of the lobsters in small pieces. Put the butter in a frying pan and when very hot add the lobster. Cook slowly for 5 minutes, then add salt, pepper and brandy and let simmer for 5 minutes longer. Meanwhile add the yolks of the eggs, melt and add cream. Pour this over the cooking mixture and stir continuously for 1½ minutes. Take from fire immediately and serve in a warm dish.

MUSSELS A LA POULETTE

Put on mussels with about ½ cup of water. Let cook until soft. Then take out of shells. Put the juice aside. Put on piece of butter in a pan and when very hot add 1 tablespoon of gluten flour and let get dry until a light cream color. Pour slowly into this the mussel juice, a little finely chopped parsley and then throw in the mussels and let simmer for five minutes. Serve on hot toast made of gluten bread.

MUSSELS A LA BORDELAISE

Large piece of butter. Let it get very hot. Then put in the mussels and cover. Let steam 10 minutes. Add a little water, parsley and a small piece of garlic chopped fine. Pepper and salt to taste.

SHRIMPS IN TOMATOES

Take 1½ cups of picked shrimps. Cut into small pieces. Have about 5 or 6 tomatoes scraped out ready to fill. Put in a frying pan 2 tablespoons of butter. When hot let brown a very small onion cut in half. When brown take out onion and add pulp of tomatoes. Let this cook well, then add a cup of gluten bread crumbs, mix well. Take from fire and add a little cream, pepper and salt to taste. Fill the tomatoes. Put crumbs of gluten bread or a little gluten flour on top with a piece of butter and bake until brown. Serve on lettuce.

Entrees

KIDNEY SAUTE, NO. 2

Allow fat to get hot and add kidneys (cut up in small pieces), chopped parsley and onion, pepper and salt. Sprinkle a little gluten flour over this and add 1 wine glass of claret. Let cook 15 minutes on a good fire.

FILLED CABBAGE

Sausage meat. Put in a large frying pan a little fat, cut up a small onion and put into the fat, let get brown. Put into this ¼ pound soaked gluten bread and get this dried. Add the meat also adding pepper, salt and 1 egg. Roll in cabbage leaves making packages, and put into fat and let cook slowly from three to four hours, shake often and if necessary, add a little water.

SAUERKRAUT

Take your sauerkraut, taste it and if too sour, wash it, put a piece of brisket in it, water, not too full, and let cook until meat is tender. Watch it so that it does not burn and turn often.

SPATZEN

Take one cup of flour, 1 egg, and a pinch of salt. Milk or water enough to make a dough as for cake. Have a sauce pan of boiling water, place spatzen on a board, cut very thin and put in boiling water. After you have used all the dough, let it boil up at once, remove from the fire, strain. Now put about 2 tablespoons of butter in a sauce pan, add 2 eggs beaten, cook a few minutes and then add the spatzen. Mix well together and serve.

EGG TIMBALES

Twelve eggs, ¼ cup of milk, salt, pepper, onion juice to taste. Beat yolks and whites separate. Bake in oven in molds well buttered. Put in pan

of hot water, cover with another pan and bake ½ hour. Cream sauce for it.

Cream Sauce—A piece of butter, a little gluten flour, add cream or milk, salt to taste. Pour sauce over timbales on each plate.

CREAM SAUCE FOR TIMBALES

Put in a sauce pan on stove ½ pt. cream and a heaping tablespoonful of butter and a little gluten flour (dissolved in milk). Cook until thick. If too thick, thin with a little milk. Add last a wine glass of sherry wine. Season with salt.

WELSH RAREBIT

Two cups of grated cheese, 1 cup of cream, 1½ cups of gluten bread crumbs, 3 eggs beaten separately and a little cayenne pepper. Heat the milk in a sauce pan. As soon as hot add the cheese, then the gluten crumbs. Stir until cheese is melted. Add the pepper. Take from the fire

and stir in the yolks and beaten whites, then pour into a buttered baking dish and bake until top is brown.

BRAINS AU BEURE'NOIR

Boil brains in vinegar and water, salt and onion, bay leaf and pepper. Take a good piece of butter and let it get brown. Add a little French mustard and Worcestershire sauce. Pour over the brains and sprinkle with chopped parsley.

BRAINS ON TOAST

Boil the brains in salt water until hard. When cold, chop up fine. Put a tablespoon of butter in a frying pan and let it get hot. Put ½ onion in the butter and let it get brown. Take the onion out and then throw in the brains, pepper, salt and add 4 or 6 tablespoons of cream or milk. Pour on buttered toast made of gluten bread and serve.

BRAINS

Skin first. Boil them 20 minutes. Brown 1 tablespoonful of gluten flour and 1 onion cut up, in hot fat. Add enough water or stock for gravy, then add the brains to this. Dissolve 2 sucre edulcore and add. Pepper and salt to taste.

TRIPE FRICASEE

Take 1 large tablespoon of fat and the same amount of flour, 1 dipperful of cold water. Stir it and when boiling stir in some chopped parsley. Garlic and onion. Boil the tripe, strain and put in the sauce allowing it to boil 10 or 15 minutes.

SWEETBREAD A LA BECHAMEL

Wash and parboil the sweetbread. Remove the skin and cut into pieces. Put a tablespoon of butter in a sauce pan to melt, do not brown. Add 1 tablespoon of gluten flour, mix well. Add 1 gill of stock, 1 gill of cream, stir without stopping until it boils. Then add 6 mushrooms chopped fine. Stir the whole over the steam of a tea-

kettle and let it stand there until wanted. When ready to serve them, take from the fire, add the yolks of 2 eggs well beaten, salt and pepper. Serve in individual dishes. A calf's brain may be parboiled, mashed and added to the same.

STEWED SWEETBREAD

Put a good piece of butter in a frying pan, let it get very hot. Add 1 cup of stock or water. Put in the sweetbreads and add 1 can of mushrooms. Season with pepper, salt and chopped parsley, 1 tomato and the juice of 1 lime, the yolk of 1 egg and let cook until it gets very hot. Place on platter several pieces of buttered toast made of gluten flour and pour this on top. Serve.

CHOUX FARCIE

Pour boiling water over the cabbage leaves, let stand to get soft. Then take some chopped meat and mix it with a handful of gluten bread soaked in water. Be sure and squeeze all the water out of bread before adding to the meat. Add 2 eggs, a little onion juice, pepper, salt and ginger. Mix all well. Spread a little of the

mixture on each leaf of cabbage and roll. Put a pot on the stove with a little fat. Cut in a piece of onion and put in your rolled cabbage. Add a very little water and let simmer from two or three hours.

CHICKEN OR FISH TIMBALES

Grate or grind very fine chicken or fish and then press through a colander to make smooth and fine. If fish or chicken is used it must be skinned, boned and all gristle removed from chicken. Grate in an onion and add pinch of salt and pepper. Soak ½ cup of stale gluten bread in cold water. Squeeze dry and mash through colander. Mix with meat, then add first the beaten yolks of 3 eggs, then the beaten whites. Butter the timbale forms (or one large tin pudding form), put in a mushroom or piece of truffle in bottom of each mold. Add to the meat ½ cupful of chopped mushrooms, then fill the molds and place in pan of boiling water. Cover with another pan and bake inside oven. When done remove pan and if top is not sufficiently brown, let it bake a little longer until it browns. For large chickens it must bake 2 hours, for small ones, 30 minutes. For large fish it must bake 45 minutes, for small ones, 15 minutes. If stove is not sufficiently hot, it will take longer. Serve with cream sauce.

CHICKEN TIMBALES, NO. 2

Boil a chicken tender, skin, bone and chop fine. Stir four yolks of eggs with a tablespoonful of butter to a cream. Add ½ cupful of chopped mushrooms, pinch of salt, pepper and ½ pint of cream. Then mix well with chicken and add beaten whites of the four eggs. Bake in forms the same as above. This takes only ¾ of an hour to bake. Serve with sauce.

SAUCE FOR TIMBALES

Thicken mushroom liquor with a little dissolved gluten flour (dissolved in a little milk), 1 tablespoonful of cream, a pinch of salt and pepper.

CHICKEN WITH CHILI SAUCE

Take 8 or 10 red peppers for 1 chicken. Take out the seeds. Then wash the hull in cold water. Scald these in hot water, using as much water as will make a sauce. Take the peppers out and chop fine. Put them back in the hot water, and strain a few times. Take chicken and cut in rather small pieces. Brown in a little butter

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and shake a little flour over it. Add a small piece of onion in the chili sauce. Let cook 1 hour.

FRENCH CHICKEN

Put a piece of butter in a sauce pan. When real hot, add 1 tablespoon of gluten flour and 1 pint of milk. Put in a handful of gluten bread crumbs. Let this cook a little and take from the fire and add pepper and salt, the cold chicken (picked) and the yolks of 3 or 4 eggs. Beat the whites to a froth and stir in. Grease well a baking pan and bake in a quick even oven and serve as soon as it comes out of oven.

FOR CHICKEN FRICASEE

Put in gluten bread crumbs for thickening. Very nice. Always season poultry the night before using.

PIGEONS

Chop up the hearts and stomach fine with some parsley. Brown 1 onion in fat and when cold mix with heart, etc. Add 3 eggs to this, pepper and salt. Fill each pigoen and close at neck and bottom. Fry them brown in butter or fat. Put them in a dutch oven, cover, or an iron pot (does not burn as easily) with a little stock or water, parsley chopped, 1 tomato, pepper and salt.

CHICKEN FRICASEE

Cover chicken with water and cook slowly three hours. Skim fat. Add pepper, salt and ginger, a little garlic and chopped parsley. Yellow gravy with yolks of two eggs. Take a tablespoon of gluten flour, ¼ cup of cold milk or water, mix well. Beat the yolks in and stir into the chicken when boiling.

White Gravy—Omit eggs, using gluten flour and water stirred in.

Brown Gravy—Brown gluten flour and water.

CHICKEN OR TURKEY HASH WITH POACHED EGGS

Chop the meat very fine. Place some gravy in a pan. Roll pieces of butter in gluten flour and add. Pepper and salt. Put in the meat and shake until thoroughly heated. This may be served with poached eggs.

CHICKEN CROQUETTES

Chop chicken up. Place 1 ounce of butter in a frying pan and allow to get hot, add ½ onion chopped fine, then add 1 tablespoon gluten flour. Stir ½ minute and add the chopped chicken and a little broth, salt, pepper and a little nutmeg. Stir two minutes. Take from fire and mix 2 yolks of eggs with this. Put back on fire for one minute and stir. Lastly add four mushrooms chopped or two truffles, or both according to taste. Do not put on fire but turn the mixture into a dish and spread out and put away to cool. When perfectly cold mix well, as the upper surface becomes more dry than the rest. Put it in parts on the paste board, about a teaspoon for each part. Roll these the shape you wish. Dip each croquette in beaten egg and roll in crumbs made of gluten bread and fry in hot fat.

BEEF A LA MODE

Allow 1 spoonful of fat to become very hot in a pot, place the meat in and brown on both sides. Add 1 onion, 1 tomato and a small piece of garlic if wanted. Let this cook from two to three hours. Add a little water.

SPANISH HASH

Chop meat. Place in a frying pan a little fat, chop up 2 small onions and add to fat. Let this brown well. Put in the meat and shake a little gluten flour over it until browned. Add a little cayenne, plenty of tomatoes and a little salt, and serve.

CHOPS WITH PUREE OF PEAS

Fry chops. Boil your peas and mash through a sieve. Add a piece of butter, pepper and salt. Have gluten bread toasted, pour cream over toast and chops on this.

PUREE OF BRAINS

This is made the same as sweet peas.

KIDNEY SAUTE

Cut in thin slices 1 kidney. Place a tablespoon of butter in a frying pan, add 1 tablespoon of gluten flour and let get brown. To this add 1 cup of stock or water, season with pepper and salt. When almost done add parsley, 1 tomato, a piece of onion, and a small piece of garlic, all chopped fine. Let cook until tender.

All kinds of meats may be eaten, but be sure that the gluten flour is used to thicken the meats or sauces. always mix the flour with a little cold water until smooth, and see that the meat or sauce is boiling before this is put in. Liver of any kind must not be eaten.

VEAL

Put a spoon of oil or fat in the pot. Let this get very hot. Put the meat in and let brown on

both sides. Add 1 onion and 1 tomato and a clove of garlic. Let cook until meat is tender (from 1 to 2 hours).

LAPIN STEW

Splendid for warmed over mutton

Take a little fat and stew a little chopped onion in it. Put the cut-up meat into this and allow to brown a little. Add a cup of claret and water, mix and then thicken with a little gluten flour, which has been thinned in vinegar.

VEAL STEAK

Dip the veal in egg, fry on both sides and serve with a piece of egg on top.

CHOPPED MEAT

Boil 2 eggs hard. Add to the meat 1 handful soaked gluten bread, a little onion and parsley chopped fine, pepper and salt and 1 raw egg. Mix this all with the meat. Roll the hard-boiled egg in the center of the meat and then wrap in well-greased paper. Bake in oven 20 minutes.

Vegetables

CAULIFLOWER AU GRATIN

Boil the cauliflower as you would for boiled cauliflower. Put 1 tablespoon of butter in a frying pan. When hot add 1 tablespoon of gluten flour, stir until very smooth. Add 2 cups of milk, keep stirring until it boils. Put in salt to taste and add grated cheese to taste. Pour this over and bake until a nice brown.

CAULIFLOWER EN CASSEROLE

Put a tablespoon of butter in a pot. Let it get very hot. Chop up a small onion. Put in pot and let it get brown. Cut cauliflower in pieces and put in also, add pepper and salt and ½ cup of stock or water. Dust with a little gluten flour, cover and let cook until tender.

LADIES' CABBAGE

Boil 1 fine white cabbage. When cold chop fine and add 2 beaten eggs, 1 tablespoon of butter, 3 tablespoons of milk, pepper and salt. Mix well and bake in a buttered dish until brown.

CABBAGE

Chop the cabbage fine. Put a cooking spoon of fat in a frying pan and let get very hot. Cut a good-size onion up and let get very brown. Put in the cabbage, add a little water, pepper and salt and let simmer until very soft.

CAULIFLOWER

Boil your cauliflower 15 minutes in salt water. When boiled, put in buttered dish. Melt butter the size of an egg, add 1 tablespoon of gluten flour. Stir on the fire 1 minute. Add 1 cup of milk, pepper and salt and as much grated cheese as one would like. Stir the sauce until it boils and pour

over cauliflower. Sprinkle with a little gluten bread crumbs or a little gluten flour. Put in oven 1 minute to brown.

CELERY WITH CREAM

Wash and boil as many celery roots as you would like. Slice and cover with cream sauce.

STRING BEANS

Get ready your beans. Cook in boiling water with a little salt until tender. Drain the water off. Pour on to platter and pour hot butter over. You can also brown onions, cut very small and pour over. A small piece of ham may be boiled with the string beans.

BOILED CAULIFLOWER

Stand the cauliflower in a kettle of boiling water. Add a teaspoon of salt and let it boil 20

minutes or more until the cauliflower is tender. Pour over a cream sauce.

RED CABBAGE SWEET AND SOUR

Chop up a cabbage. Put in a pot, add 1 good-size onion cut up, also 1 apple cup up and 2 sucre edulcore dissolved in a little water, 1 small wine-glass of vinegar. Mix all with the cabbage, also 4 cloves and 2 bay leaves. Add a cookingspoon of butter, and a little salt and pepper. Let boil until very soft.

GREEN PEAS

Put on 1 quart of peas and let boil ½ hour. When done press through a colander. Put a good-size piece of butter in a pan, add a spoon of gluten flour. Let it get a golden brown. Add a pint of milk and a pint of water. Pour your peas into this after you have pressed them through the colander and add 1 chopped onion, a little parsley and salt and pepper.

SPINACH

Boil in salt water 40 minutes. Take off stove and chop fine. Put a tablespoonful of butter in a pan; must not be hot. Add 1 tablespoon of gluten flour, some stock or water. Put the spinach in this and let it get heated through. Pepper and salt to taste. Cut up 2 hard boiled eggs for the top, just before serving.

BOILED CABBAGE WITH A CREAM SAUCE

Chop the cabbage and let boil for 20 minutes. Drain in a colander. When tender serve with a cream sauce.

Red cabbage can be cooked the same as white cabbage.

SPROUTS

Boil the sprouts in salt water. When tender pour off the water. Put a piece of butter or fat and ½ tablespoon of gluten flour in a frying pan. Let it get very hot. Cut up a small onion and

let it get very brown. Add a little stock or water. Put the sprouts into this and add a little pepper.

SPROUTS, NO. 2

Boil in salt water. When tender pour off the water. Put a piece of butter in a frying pan, let it get very hot, cut up an onion and let the onion get brown. Put the sprouts into this and a little pepper.

TOMATOES WITH CREAM

Cut the tomatoes in slices. Do not take the skin off. Sprinkle a little gluten flour on both sides, salt and pepper. Fry in butter until brown. Put on a platter. Pour a half cup of cream or milk into the butter and juice of tomatoes and when hot pour over tomatoes and serve.

STUFFED TOMATOES

Cut the tomato at the top and take out all you can without breaking the tomato. Take a cup of gluten bread crumbs and ½ cup of grated cheese. Mix all this and add pepper, salt and a piece of butter. Fill the tomatoes, sprinkle on top a little gluten flour and small pieces of butter. Put in oven with a little water and let bake until very soft.

STEWED MUSHROOMS

Wash and prepare the mushrooms. Add 1 tablespoon of butter and 1 tablespoon of gluten flour. Mix the flour first with a little water before putting it in, pepper and salt and let steam for 15 minutes. Serve very hot.

Mushrooms can be eaten in any style, that is, if gluten flour is used, as it contains very much gluten.

MUSHROOMS AU GRATIN

Let the mushrooms stand in salt water for 1 hour. Throw this off and put on with fresh

water and let cook until tender. Put in a good piece of butter, pepper and salt. This can be served with a cream sauce made of gluten flour.

SAUCE FOR MUSHROOMS

Stew about a handful of mushrooms in a little stock. Add 1 cookingspoon of gluten flour with a little water and get very smooth. Add pepper and salt. May be served in small dishes.

ARTICHOKES A LA RENE

Wash artichokes and dry thoroughly. Take a pair of scissors and nip the leaves evenly. Cut artichokes into halves or quarters. Put into a frying pan 3 tablespoonfuls of good oil. When very hot, put artichokes in and let them turn a nice yellow on both sides. Have a pot ready and put the artichokes in it. Season with pepper and salt, and a little ginger, eschallots, parsley and a small piece of garlic all chopped fine. One ladle of soup, 1 tablespoon of gluten flour sprinkled on top. Cover the pot and put an iron on top of it. Stir now and then. Let simmer until soft.

Artichokes can be eaten in almost any style. Can be eaten with cream sauce made of the gluten flour or a butter sauce.

BOILED ASPARAGUS

Wash the asparagus. Cut off the tough ends. Scrape the white part remaining. Tie into bundles and put in boiling water and let boil 20 minutes. Add a little salt. Let boil until te nder. Serve with mayonnaise, butter or cream sauce.

ASPARAGUS A LA CREME

Cut the small asparagus into small pieces. Put into boiling water and let boil until tender. Drain this water off. Put into a pan a large piece of butter, 1 tablespoonful of gluten flour, ½ pint of cream. Add the cut asparagus, pepper and salt. Let this come to a boil.

Cakes, Puddings and Other Desserts

COFFEE CREAM

To a pint of strong coffee, take 2 eggs. Beat the eggs separate, add 2 sucre edulcore dissolved in a little milk. Put in cups. Place these in a pan of water and bake until thick.

ANGEL FOOD

One-third package of gelatine dissolved in 1 quart of milk. Place on the back of the stove and let stand 30 minutes. Add 4 sucre edulcore dissolved in a little milk, yolks of 4 eggs mixed with the sugar. Beat whites to a stiff froth. Now let the milk come to a boil and take out 1 cupful and pour over the mixed eggs and sugar very slowly, a little at the time. Then pour this into the milk and let all come to a boil. That is to say, let it boil up once. Watch carefully so that it will not curdle. Pour into a glass dish and stir in the beaten whites quickly. Flavor with a little lemon juice and add a pinch of salt. Let

stand over night. Serve with whipped cream. (You can put one sucre edulcore in this but it is just as good without.)

RICH BUTTER COOKIES

One large pint of sweet milk, 6 sucre edulcore, ¼ of a wineglass of brandy, 2 eggs, whites beaten separate. Flour enough to roll out and 2 teaspoonfuls of baking powder. Do not put too much flour in, but just enough to roll out. Roll out in thin layers and bake in pans lined with buttered paper. Before baking cut into three-cornered shapes, then moisten with a little milk and 1 sucre edulcore dissolved in it. Dust with a little cinnamon. Bake in a quick oven.

FEATHER CAKE

One tablespoonful of butter, 1 egg, 5 sucre edulcore, ¾ cup of gluten flour, 1 teaspoonful cream of tartar, ½ teaspoonful soda, 1 tablespoonful of brandy, ½ cup of milk.

Work the butter and yolks together. Add the

sugar dissolved in the brandy, then the flour with the soda and cream of tartar, milk and last the whites beaten stiff. Bake in a moderate oven.

STRAWBERRY TARTLET

Make a rich paste and line muffin rings. Put a spoonful of fruit in each one and bake.

If berries be used to fill the tartlets, beat the yolk of 1 egg with 2 tablespoonfuls of milk and 2 sucre edulcore dissolved in milk.

FRENCH CREAM

Put on to boil 1 pt. of sweet milk in farina boiler and let boil. Cover ¼ box of gelatine with a little cold water and let stand 15 minutes. Beat the yolks of 3 eggs with 4 sucre edulcore dissolved in a little milk. Then stir this into the boiling milk and stir over the fire ½ minute. Take from fire and add gelatine with 1 teaspoonful of vanilla. When a little cool, not too stiff, add the beaten whites. Turn into a mould and stand in a cool place to harden. Serve with cream.

STRAWBERRY CREAM

Have ready 1 pt. of picked berries. Cover ¼ box of gelatine with ¼ cup of water and stand 15 minutes. Mash the berries and press them through a sieve, so that all the seeds are removed. Add 4 sucre edulcore, dissolved. Stand the gelatine over boiling water and when melted strain into strawberry juice. Pour into a pan and stand on ice and stir until it thickens. Stir in the whipped cream carefully. Pour into a mould and stand in a cool place to harden.

RASPBERRY CREAM

Can be made the same as strawberry cream.

MOCHA FILLING

Three-fourths cup of strong coffee, 5 sucre edulcore dissolved in the coffee, ¼ box of gelatine soaked in ½ cup of cold water. Pour boiling coffee and sugar into gelatine and allow to cool, stirring occasionally. Beat 1 pt. of cream and 1 teaspoonful of vanilla and add the coffee gelatine. Allow this to stand, stirring occasionally.

RICH CAKE

The yolks of 3 eggs beaten. Melt ½ cup of butter and when a little cold drop into the yolks, beating all the time. Dissolve 6 sucre edulcore in ½ cup of sweet milk, 1 heaping cup of gluten flour with 1¼ spoonful of baking powder. After eggs and butter are mixed, add a little milk, then a little flour, then milk again and so on until you have used up all. Add a teaspoonful of vanilla, beat up the whites and fold in last. Grease pan well and bake in hot oven.

STRAWBERRY LAYER CAKE

Make layers, using the dough of rich cake. Whip some cream and put a layer on the cake, then a layer of berries and a layer of cream again and lastly the other layer of cake on top. Dissolve 2 sucre edulcore in the whipped cream.

CHEESE CAKE

Fifteen cents' worth of cottage cheese and 10 cents' worth of cream. Smooth the cheese by passing through a sieve. Mix the cream in.

Dissolve 6 or 7 sucre edulcore in a little milk and add 5 eggs. Put one in and mix, and then another and so on until all are used. Add 1 spoon of gluten flour, a little flavoring and a good pinch of salt. Beat the whites up last and add just before putting in forms. Grease form well and let bake about ½ hour.

COFFEE CAKE, NO. 2

Soak ¾ cake of compressed yeast in 1 cup of milk. Put in a bowl 1 heaping cup of gluten flour, ¼ teaspoonful of salt (dissolve 2 sucre edulcore in the milk). Mix thoroughly and put in a warm place to rise from 1 to 2 hours. After it has risen, mix well together in a bowl 3 eggs, 1 cup of melted butter, 3 sucre edulcore dissolved in the milk, 1 teaspoonful of salt and 2 cups of gluten flour. Mix this all together and when light add the risen yeast and work well. Put aside to rise 5 or 6 hours. This may be mixed in the evening and let stand over night. When this has risen, grease well a pan and put the dough in an inch thick and spread it, using a little flour to for a little while. Have ready the yolk of 1 egg beaten with 2 tablespoonfuls of milk, 2 sucre edulcore dissolved in the milk. Brush the top with this and sprinkle with cinnamon and bits of

butter all over the top of cake. Bake in hot oven.

A little butter spread on cake when eaten is nice.

NUT CAKE

Take a tablespoonful of butter, beat it to a cream. Add the yolks of 2 eggs well beaten, $\frac{2}{3}$ cup of sour milk, 1 teaspoonful of soda, a pinch of salt, spices, 1 cup of chopped nuts and 3 sucre edulcore dissolved. Add some gluten flour to make a stiff batter and add beaten whites of eggs.

SPONGE CAKE

Mix the yolk of 1 egg with 2 sucre edulcore, a piece of butter the size of a large nut, 1 cup of gluten flour, 1 teaspoonful of baking powder and a little milk. The batter must not be too thin. Grease pan well. Let bake about 15 minutes.

APRICOT CAKE

Make a biscuit dough, adding 3 sucre edulcore. The dough must not be as stiff as made for biscuits. Put it in a deep pie plate. Have ready your fruit. Take about 10 apricots, stone and pare them and wash them. Take off the sauce, do not use it. With this add 3 eggs, beaten well with the fruit. Dissolve 8 sucre edulcore in a little sauce and add, then take a teaspoonful of gluten flour and mix with a little of the sauce and add this also. When all is mixed pour it over the biscuit dough and bake in a hot oven.

DOUGHNUTS

Mix together a slice of butter, 2 eggs, add ¾ cup of sweet milk, 2 cups of gluten flour, 1½ teaspoonful of baking powder, a few drops of lemon extract and a pinch of salt and 2 sucre edulcore dissolved in the milk. Work this well together to make a soft dough. Roll out half an inch thick on a floured board. Cut with a cake cutter. Fry in kettle of boiling hot lard or butter.

DOUGHNUTS, NO. 2

Mix together ½ cupful of butter, dissolve 5 sucre edulcore in a little milk, 1 egg, then add 1 cup of gluten flour, ½ cupful of milk and a pinch of salt, a little vanilla flavor, then add 1 more cupful of gluten flour. Mix with the last cup of flour, 1½ teaspoonful of baking powder and make a soft dough. Roll out ½ inch thick and cut with biscuit cutter. Fry in kettle ½ full boiling hot lard or butter.

PLAIN PUDDING

Take ¾ cupful of gluten bread crumbs moistened with a little claret and let stand ½ hour. Dissolve 5 sucre edulcore in the wine, then add the yolks of 4 eggs, 1 cupful of any kind of fruit that can be eaten and lastly the beaten whites. Boil for 2½ hours in a farina boiler. Have the water boiling before you place the pot in. This pudding may be made by putting in grated apples. Served with wine sauce.

CHEESE DUMPLINGS

Make a noodle dough. Roll out very thin and cut into squares. Make a filling, taking cottage cheese, 3 eggs, a pinch of salt and a little cream or milk, a piece of butter. Mix all this well. Wet the edges of the dough with a little water and fill with a teaspoonful of the mixture, folding it in triangular shapes.

APPLE CAKE

Make a biscuit dough, just thick enough to spread, adding 3 sucre edulcore to it. Then chop up 3 sweet apples, be sure and chop fine, with this mix 2 eggs, a teaspoonful of gluten flour, and a little milk, also dissolve in this 6 sucre edulcore, a teaspoonful of vanilla. Pour this over the dough, add a little cinnamon, and bake in hot oven.

BISCUIT DOUGH FOR PIES

One cup of gluten flour, 1 heaping teaspoonful of baking powder, a good piece of butter and a

pinch of salt. Add a little milk enough to make the dough so that it can be spread in a deep pie plate. Dissolve 3 sucre edul ore in the milk.

STRAWBERRY SHORTCAKE

To be made with a biscuit dough and putting the berries between and serve with cream.

CREAM PUFFS

Melt a piece of butter the size of an egg. Add ½ cup boiling water. When this boils add altogether ½ cup of gluten flour. Stir until the mixture leaves the sides of the sauce pan, remove from the fire and add 2 eggs, one at a time, beating the mixture thoroughly as each one is added. Drop by spoonful on buttered paper. Allow room for spreading. Bake in a moderate oven. When cooked fill with whipped cream.

CHARLOTTE RUSSE CREAM

Take ½ pint cream, 2 sucre edulcore, ½ teaspoonful of vanilla. Dissolve the sugar in the vanilla, then add to the cream and whip.

ORANGE BUTTER

Juice of 2 oranges, grated rind of ½ orange, 2 sucre edulcore, yolks of 2 eggs, white of 1 egg, 1 tablespoonful of butter. Beat the yolks and whites together until thick. Then put all ingredients into a double boiler and cook, stir all the time until thick. This sauce will keep a week.

SPONGE CAKE

Two sucre edulcore, dissolved and mixed with the yolks of 2 eggs for a good while. Add ½ cupful of gluten flour, 1 teaspoonful of baking powder, 1 teaspoonful of lemon extract, 1 tablespoonful boiling water, whites of eggs beaten to a froth. Mix lightly.

CUP CAKE

Four eggs beaten separate, 3 sucre edulcore dissolved in a little milk. A good piece of butter, 2½ cups of gluten flour, 2½ teaspoonfuls of baking powder. Lemon flavor. Not quite ½ cup of milk.

CUP CAKE, NO. 2

Beat together 2 sucre edulcore and scant ½ cup of butter, ½ cup of milk and 3 eggs beaten separately; 1¼ cups of gluten flour, 1 teaspoonful of baking powder, flavor with lemon extract. Add stiffly-beaten whites of eggs last. Bake in a moderate oven.

PEACH CAKE

Sift together 1 cup of gluten flour and 1½ teaspoonfuls of baking powder, work in a piece of butter and 1½ teaspoonfuls of baking powder, work in a piece of butter the size of an egg. Then mix to a soft dough with a beaten egg, diluted with 1 cup of milk. Spread in buttered pan. Press pieces of peared peaches closely together

on the dough. Dissolve 3 sucre edulcore in a little cream and pour over the peaches. Powder with cinnamon and bake in a hot oven. Serve with lemon sauce.

PEACH PUDDING

Soak some stale cake in a little sherry wine. Line the pudding dish, then slice some peaches and fill the dish. Dissolve 3 sucre edulcore in a quarter of a cup of cream and pour over the peaches. Make a meringue of the whites of 2 eggs with 2 sucre edulcore dissolved in it and a little vanilla. Dissolve the two sugars in the vanilla and spread this on top and bake until brown. Let it cool and serve with sweet cream.

APRICOT PUDDING

This is made the same as Manchester only by putting steamed apricots on the bottom of the pudding dish.

The same can be made by using steamed blackberries or strawberries.

MANCHESTER PUDDING

Six tablespoonfuls of gluten bread crumbs, ½ pint of milk, 2 tablespoonfuls of butter, 3 eggs, a pinch of nutmeg, a teaspoonful of vanilla, 3 sucre edulcore. Mix together sugar, butter, and crumbs and pour boiling milk over and allow it to stand until cool. Add the eggs, beaten separately. Put apple sauce in the bottom of the dish and pour this batter over same and bake.

You can also use stale gluten bread but soak it first in water and press out the water.

BREAD PUDDING

Put ½ pint of milk on to boil. Cut into the milk a good thick slice of gluten bread and let it cook until smooth. Take from the fire, beat in the yolks of 3 eggs, 2 sucre edulcore dissolved in a teaspoonful of vanilla, 1 good-size apple grated, and lastly the whites of eggs beaten stiff. Pour into a pudding dish and bake in a double boiler until it sets like custard. Cut small pieces of butter over the top and dust with cinnamon.

GLUTEN BREAD PUDDING

Soak 4 pieces of gluten bread in milk, ½ tablespoonful of gluten flour thinned with water, ¾ cups of butter, 4 eggs, 2 apples cut up, 3 sucre edulcore dissolved in a teaspoonful of milk, chopped almonds and a little lemon extract. Squeeze out bread until dry and add to the batter. Bake ¾ of an hour. The pan must be well greased with fat and butter, more of the latter.

PUDDING

A piece of butter, 3 eggs beaten, 2 sucre edulcore dissolved in a teaspoonful of milk, 1 spoon of gluten flour thinned with a little milk. Cut 3 large apples in very small pieces, add a little cinnamon and bake. Serve with cream.

APPLE SNOW

Core and quarter (not peel) 8 large apples Put in the steamer and steam until quite soft. Rub through a sieve (all but the peel), add 2.

sucre edulcore or more to taste and a little lemon extract. Beat the whites of 4 eggs very stiff and beat up with the apples when cold.

APPLE SAUCE

Pare, core and slice tart apples. Stew in water enough to cover them until they break to pieces. Beat to a pulp with a good lump of butter, serve cold.

This may be eaten without sucre edulcore or you may use one, dissolved in a little water.

LEMON PIE

Make pie crust first and bake.

Lemon custard for pie—Yolks of 4 or 5 eggs, well beaten with 5 sucre edulcore. Juice of 2 lemons. Cook in farina boiler until thick. Then pour this custard into the beaten whites and beat lightly. Pour this in the crust that has already been baked and put in the oven 2 or 3 minutes to brown slightly.

STRAWBERRY PIE

Line a pie plate with rich pastry dough and cover with a layer of gluten cracker dust. Lay your berries on the pie. Mix with a little milk 3 sucre edulcore. Pour this over and add bits of butter and a little cinnamon. Bake.

APPLE PIE

Can be made of coffee cake dough by adding a little more gluten flour, enough to roll out; grease pie plate well and line it with dough. Stand aside to rise a little and add your apples, the same as any other pie, making a custard for the top of 1 egg, ¼ cup of milk, 2 sucre edulcore dissolved in the milk. Sprinkle with cinnamon and drop bits of butter over it. Bake in a hot oven.

APPLE PIE WITH CLARET

Make a rich paste. Peel and core your apples. Take a wineglass of claret and a little water; dissolve 2 sucre edulcore in it. Put in your apples and let get tender. Let them cook but not mash, so that you can place them on a plate. Put a

little of the sauce you have left in a bowl, mix 1 egg with this. Take a pinch of the gluten flour and mix with a little milk. Add this to egg and sauce. Pour over pie and sprinkle with a little cinnamon. This can be made with red or white wine.

APPLE CREAM

Pare, core and steam 3 cooking-size eating apples. While steaming, dissolve 2 sucre edulcore in a little water and add also a little vanilla. Press through a sieve and set aside to cool. Beat the whites of 2 eggs and add the apples to them, beating all the while. This is to be made just before eating and is served with a custard sauce.

STRAWBERRY PIE

Line a pie plate with rich pastry. Sprinkle the bottom with gluten cracker crumbs. Cut the berries in half and place on pie. Mix the yolks of 2 eggs, 2 sucre edulcore dissolved in 1 tablespoon of milk, mix and pour over the pie.

CHEESE PIE

Beat some cottage cheese to a cream, add 1 cup of cream or milk, 2 eggs well beaten, a good piece of butter and a little lime juice, also dissolve 3 sucre edulcore in a little milk and add. Mix altogether. Make a pie crust the same as for apple pie and pour this mixture in pan. Let bake ½ hour.

CUSTARD PIE

For two pies

Bake the crust first. Take 6 eggs and mix with ½ cup of milk, 4 sucre edulcore dissolved, a pinch of salt and a little lemon extract. Have the crust ready and pour one-half of the custard into each pie and bake.

SPONGE PUDDING

Boil one quart of milk. Make a batter taking the yolks of 5 eggs well beaten, add 3 tablespoonfuls of butter, and 3 of gluten flour, and 2 sucre edulcore dissolved. Beat all this together making

a light batter. When the milk boils mix it in the batter. Take from the stove and add the beaten whites. Bake, setting in another dish of hot water. Serve with a sauce.

SMALL CRACKER PUDDING

Yolks of 3 eggs stirred with 3 sucre edulcore dissolved in a teaspoonful of milk; 1 cup of boiling water, 4 grated apples and a little lemon extract, ½ cup of gluten flour and then add the beaten whites. Butter pudding dish and bake.

PIE CRUST

For one pie

1 cup of gluten flour, a pinch of salt, a cooking-spoon of butter and 1 of lard. Enough ice water to make it easy to roll.

APPLE PIE

Make your crust. Cut up enough apples for same, place them on the pie just as you would any fruit pie. Then make a custard of 1 egg and a half cup of milk. Before adding the milk to the beaten egg, dissolve 2 sucre edulcore in the milk and pour over the pie. Do not do this before the pie is ready to be put in a very hot oven.

APPLE PUDDING

Two pieces of gluten bread soaked in water and squeezed out, yolks of 5 eggs mixed with it, a little grated almond and 1 apple cut finely to each egg. Three sucre edulcore dissolved in a little milk. Add beaten whites. Bake ¾ of an hour in a very hot oven. Grease the dish well with soup drippings.

APPLE PUDDING NO. 2

Line the dish with rich pie crust and fill same with apples cut up. Dissolve 3 or 4 sucre edulcore

in a little milk and pour over. Cover with pie crust and bake one hour.

GLUTEN PUDDING WITH APPLES

Beat up the whites of 6 eggs to a stiff froth, dissolve 2 sucre edulcore and mix with the yolks of the eggs. Add 6 grated apples and 1 cup of gluten flour, 1½ cups of warm milk, some chopped almonds and a little lemon extract. A pinch of salt. Adding the whites last. Mix all together put in a pudding dish and bake 1 hour.

STRAWBERRY TARTLETS

Make a rich paste and line your muffin rings. Trim the edges with a fork. Brush the edges with a little beaten egg or milk. Sprinkle the bottom with a little gluten flour, put your berries in and have ready a custard: the yolk of 1 egg, 4 sucre edulcore dissolved in ½ cup of milk. Mix berries well in this before putting into forms. Bake in a hot oven. When done take out and

pour over each one the beaten yolk of egg with ½ teaspoonful of lemon juice. Put back in oven and let it get a little brown.

CROQUETTES OF STRAWBERRIES

Cover ½ teaspoonful of gelatine with cold water, let it soak fifteen minutes, then add to it 1 tablespoonful of boiling water and stir until it dissolves. Dip your mould into cold water and let it stand until you are ready to use it. Stem 1 pint of strawberries, dip each one into the gelatine and press to the inside of the mould. Let them stick. Put some into the bottom of the mould and fill with charlotte russe. Let stand in a good cold place to harden.

CROQUETTES OF RASPBERRIES

Made the same.

CUSTARD TARTLETS

Make a custard and fill the forms. Put in a moderate oven until done. Make the custard the same as custard for cups.

CHEESE TARTLETS

Mix to a cream 1½ cups of cottage cheese, add 1 teaspoonful of gluten flour, a pinch of salt, 1 tablespoonful of cream, add the yolks of 3 eggs well beaten, 3 sucre edulcore dissolved in a little milk, a piece of butter the size of an egg. Mix all this well together. Add a little vanilla and the beaten whites of eggs. Make a rich paste and line the muffin rings. Fill with this mixture and bake in a moderately hot oven.

TURNOVERS

Made of coffee cake dough. Take a little of the dough and mix enough gluten flour with it so you will be able to roll it out. Cut round. Spread a little custard made of 1 egg, 2 sucre edulcore in this. Also put a piece of butter on each and a little cinnamon. Fold and put in a

greased pan. Let raise a little. Bake in a moderately hot oven. Before folding, apple sauce may be put in if desired.

DOUGHNUTS

Doughnuts can be made of coffee cake dough, No. 2, by adding a little more flour so that it can be rolled out. Cut with a biscuit cutter and drop into boiling fat or lard.

BUTTER COOKIES

Beat ½ pound of butter to a cream. Beat in 3 eggs altogether. Add 5 sucre edulcore dissolved in 2 tablespoonfuls of sherry, 1 teaspoonful of vanilla and 1 heaping cup of gluten flour. Beat all well. Press through a pastry bag or drop from a spoon onto a lightly greased pan. Bake in a moderate oven. When edges are brown, take out.

APPLE SOUFFLE

Let stand ½ box of gelatine in a little water until dissolved. Boil some water with 5 sucre edulcore and a little vanilla. Pare the apples, slice and core and put into the syrup. Let them get very tender. Add the gelatine to the apples and when done, press through a sieve. Stir until cold. Beat the whites of eggs stiff, add to the apples and stir. Put into a mould to harden. Serve with vanilla sauce. Pour the sauce around the dish.

Peaches, apricots and other fruit may be made the same.

CUSTARD SOUFFLE

Put 1 cup of milk on to boil. Rub 1 tablespoonful of gluten flour and 2 tablespoonfuls of butter together. Add to the boiling milk. Stir over fire for 10 minutes. Mix the yolks of 4 eggs with 2 sucre edulcore and add to the milk. Turn the mixture out to cool. When cold, beat the whites of the eggs to a stiff froth and add to the mixture. Pour into a greased baking dish and bake in a quick oven. Serve with a cream sauce.

CUSTARD FILLING FOR LAYER CAKE

Put 2 cupsful of milk on to boil. Beat the yolks of 3 eggs and 3 sucre edulcore dissolved in a little milk. Pour the boiling milk over the eggs and sugar. Put on the stove and stir until thick. Let cool and spread between layer cake.

CUSTARD

Add to a pint of milk, 2 eggs beaten separately, a pinch of salt, 2 sucre edulcore dissolved in a little milk. Mix all and put in cups. Made the same as Coffee Cream.

CHEESE SOUFFLE

Boil about 1 pint of milk. Add a little butter and a handful of gluten bread crumbs (adding it gradually and continually stirring the mixture until it begins to thicken like mush). Then add a spoonful of butter, yolks of 6 eggs and a good handful of grated Swiss cheese. Salt to taste. Add 1 sucre edulcore dissolved in a little milk. Beat whites of eggs very stiff and add them to the

mixture. Fill in little paper boxes or in a round deep pan, butter the forms and bake from 15 to 18 minutes in a moderate oven.

OMELETTE SOUFFLE

One dozen eggs and 2 sucre edulcore dissolved in a little milk, juice of 3 limes. Bake quickly 10 minutes. Mix the yolks and limes until thick and then add beaten whites and bake immediately.

APPLE FRITTERS

One cup of gluten flour, 1 gill of luke warm water, 1 tablespoonful of olive oil, scant ½ teaspoonful of salt, 1 sucre edulcore, whites of 2 eggs beaten stiff. Work in gradually oil and water until it will cling and fold in carefully, lastly the eggs. Peel and core apples and then cut in round slices ½ inch thick. Dip apple in batter and fry in boiling fat.

BELL FRITTERS

One cup of water, 1 tablespoon of butter, 1 cup of gluten flour, 4 eggs. Boil water and butter, stir in flour off the stove, all at one time and stir quickly, until the mixture leaves the sauce pan. Allow to cool. Then add eggs, one at a time, and beat very well. Drop by teaspoonful into boiling fat and when brown take out. Serve with a sauce if you like.

QUEEN FRITTERS

One cup of water, 1 tablespoon butter, 1 generous cup of gluten flour, 4 eggs. Boil water and butter, take off the stove and stir in flour all at once. Place on the stove again and stir for 2 or 3 minutes. Take off the stove and turn into a bowl allowing to cool somewhat. Break an egg into a cup and add to paste, working thoroughly, add another egg, working again between each until all are added, remembering that the lightness of the fritters depends on the work you give them. Have ready a pan of hot fat, drop in the batter by the teaspoonful, not too many at a time and serve with cream.

ARME FRITTER OR FRENCH TOAST

Take slices of stale gluten bread. Dip into milk, then into a beaten egg and fry in hot butter and let get a nice brown. Butter on one side.

STRAWBERRY ICE CREAM

One-half pint sweet cream. Take ½ the cream and put on in a farina boiler, with 3 sucre edulcore, to boil. Add 1 sucre edulcore to the remaining cream and stand aside until needed. (Always see that the sugar is well dissolved.) When ½ the cream is boiled let it get cool. Pour the boiled cream and also the raw cream into the freezer. Mash ½ pt. of strawberries with 3 sucre edulcore and stand away for ½ hour. Then strain through a fine muslin. When the cream is frozen stir in the juice of the fruit, cover, repack and stand away to freeze. This will serve 2 persons.

RASPBERRY ICE CREAM

Can be made the same as Strawberry Ice Cream.

SMALL CAKE

To 1 cup of gluten flour take 1½ teaspoonfuls of baking powder, a pinch of salt, a piece of butter the size of an egg, rubbed in the flour, 2 eggs beaten separately, ½ cup of sweet milk with 5 sucre edulcore dissolved in the milk. Work well and add the whites of the eggs last. Put in a small, well-greased cake pan and bake.

APPLE DUMPLINGS

Pare and core apples. Put in pot with half water and half wine, enough to half cover the apples. Add to this 5 sucre edulcore. Let the apples get a little tender, but keep whole. Take out and let cool a little. Make a rich pie crust, roll out ½ inch thick and cut with a good-size saucer. Set the apples on this and add 1 sucre edulcore to each apple, a piece of butter and a little cinnamon and fold in the dough that you have cut with the saucer. Grease a pan well and set the dumplings and bake in hot oven. Eating apples must be used.

Breads, Pancakes, etc.

GLUTEN BREAD

Take 2 cups of gluten flour, put through sieve. Dissolve ¾ of a compressed yeast cake in a little milk, mix this with flour. Take ½ cup of milk and ½ cup of water together to make a full cup. Have this luke warm. Dissolve in this a piece of butter also a pinch of salt, mix altogether with the hand. Put flour on board and knead well one side, then turn and knead the other side, as it will not raise if not done so. Cover and let stand in warm place until morning. This dough should be double its original size. Then put on flour board and work lightly. Put in a well-greased pan and let stand until it raises again, then bake. Do not let it get brown until it has been in the oven 10 minutes.

PARKER HOUSE ROLLS

Put 1 qt. of sifted gluten flour in a bowl. Add a pinch of salt and one cookingspoonful of butter. Rub this well together with the hands. Make a hole in the center. Mix ¾ of a compressed yeast cake in 1½ cups of cold boiled milk, also dissolve

in this 2 sucre edulcore and pour this into the hole. Let stand until morning. Knead this thoroughly in a bowl. As soon as it is stiff work well on floured board. Then pound this well for 15 minutes with a flat-iron. Put in a bowl and stand in a warm place until light. Roll out on a board cut round. Fold over ¼ and place on greased pan. Let stand 1 hour and then bake in a hot oven.

GLUTEN BISCUITS

One cup of gluten flour, a piece of butter the size of a large nut, ½ cup of milk, a pinch of salt. Mix these together and roll out an inch thick. Work as little as possible. Cut and put into greased pan. Let bake 10 minutes in a hot oven.

MUFFINS

One sucre edulcore dissolved in a little milk, 3 tablespoonfuls of melted butter, 3 eggs and 1 cup of milk, 2 cups of gluten flour, 2 teaspoonfuls of baking powder.

TEA MUFFINS

Beat the yolks of 2 eggs and add to this 1 pt. of cream. Mix well. Then add to this a heaping cup of gluten flour. Beat well and let stand about 15 minutes. Put in ½ teaspoonful of salt, a good tablespoonful of butter, the whites of 2 eggs, beaten stiff, 1½ teaspoonfuls of baking powder. Mix this together well and drop into well-buttered muffin rings. Bake in a quick oven.

FRENCH MUFFINS

Scald almost a pint of milk, add a good cooking spoon of butter and let it get lukewarm. Put into a bowl 2½ cups of gluten flour, add the milk and butter to this, also ¾ of a compressed yeast cake, dissolved in a little warm water and a good pinch of salt and beat continuously for 5 minutes. Cover and let stand for 2 hours to rise. Then add sufficient flour to make a soft dough. Work lightly and make into small balls. Place each in a muffin ring or in a pan and bake in a hot oven.

PLAIN WAFFLES

One-half quart of flour, 1 teaspoonful of baking powder sifted together. Butter the size of 2 eggs. Two eggs beaten separately. Make batter with milk or water then add eggs. Use waffle irons very hot and well greased.

EGG MUFFINS

One-half pint of gluten bread crumbs, ½ tablespoonful of melted butter, ½ pt. of milk, 1 egg, ¼ cup of gluten flour, 1½ teaspoonful baking powder, a pinch of salt. Let the gluten crumbs soak in the milk for 15 minutes. Add the beaten yolk first to the bread, then milk and then the butter. Mix together and then mix all in the flour until smooth. Add the whites and baking powder. Bake in greased gem pans in a quick oven.

POPOVERS, NO. 2

Three-fourths cup of gluten flour, 2 eggs, a pinch of salt and 1 cup of milk. Beat the eggs, whites and yolks together until very light. Add

to them the milk and salt. Then pour into this the gluten flour very slowly and stir all the time. Have your gem pans hot and fill each one only half full with the batter. Bake in a quick oven.

EGG PUFFS

Four eggs, yolks and whites beaten separately. Then mix them and add 1 cup of milk or water, 1 cup of gluten flour, ½ teaspoonful of baking powder and bake in a very hot oven about 20 to 30 minutes. Eat immediately.

BUTTER BISCUITS

Take 1 qt. of gluten flour, 2 teaspoonfuls of baking powder, 2 tablespoonfuls of butter, a scant ½ teaspoonful of salt. Sift the flour and baking powder three times. Rub the flour and butter together with the hands until very smooth. Mix with a little cold milk, to make a very soft dough. Handle as little as possible. Roll out an inch thick and cut with a glass that has a sharp edge to it. Put in greased pan and bake in a hot oven.

POPOVERS (OR MILTON MUFFINS)

Three eggs beaten well together with 1½ cups of milk, 3 cups of gluten flour, a pinch of salt. Mix this together and pour into buttered gem pans about ½ full. Bake in hot oven.

MUFFINS

One cup of gluten flour, 1 heaping teaspoonful of yeast powder, 1 cup of milk, a scant ½ teaspoonful of salt and 1 egg. Mix flour and salt. Beat the egg in the milk. Mix all together and drop into hot buttered tins. Then bake.

ENGLISH MUFFINS

One-half pint of milk, ½ tablespoonful of butter, 1 egg, 1⅓ cups gluten flour, ½ of a compressed yeast cake and a pinch of salt. Scald the milk. Add to it the butter and let cool. Then add the yeast that has been dissolved in a little warm water. Then the salt and gluten flour. Cover and let stand in a warm place until morning. In the morning add first the beaten yolk and then

the beaten white. Beat well and let stand 15 minutes. Bake in greased muffin rolls. Must be eaten hot.

AFTERNOON BISCUITS

Heat 1 pint of milk and let this get a little cool. Add a piece of butter the size of a very large egg, a scant ½ teaspoonful of salt, 2 sucre edulcore dissolved, then add 2½ cupfuls of gluten flour. Beat for 5 minutes. Add ½ of a compressed yeast cake. Mix well and then stand away in a warm place for 4 hours, or until very light. Add flour enough to prevent sticking. It must not be as stiff as bread dough. Knead this for 10 minutes and put back into pan and let stand in a warm place until double its size. Place on board a piece of this dough large enough for one biscuit and knead it lightly with the fingers. Place this in a greased pan and repeat this until your dough is used up. Place them far enough apart so as to have a crust. When finished let stand ½ hour and then bake in a quick oven.

VIENNA ROLLS

Take 2 cups of gluten flour, 2 teaspoonfuls of baking powder. Sift this three times. Rub well with the hands 1 tablespoonful of butter, add a scant ½ teaspoonful of salt. Mix all the ingredients well, roll out on board and cut. Brush with milk and a little butter and then fold in half. Bake in hot oven.

BISCUITS OF BREAD DOUGH

This dough is made the same as bread, only formed in the shape of biscuits.

BREAKFAST HOT CAKES

Make a batter the same as for English Muffins, only making same a little thinner with milk. Bake on a hot griddle.

HOT CAKES, NO. 2

A cup of gluten flour, 2 eggs beaten separately. A cup of milk and a little salt. Make a thin batter and fry in butter.

BREAD HOT CAKES

One cupful of gluten bread crumbs, 1 cupful milk, ½ cupful gluten flour, 1 egg, 1½ teaspoonfuls of baking powder and a pinch of salt. The bread crumbs must be fine and soaked in the milk 15 minutes. Then beat until smooth. Add the salt and butter and beaten egg. Sift in flour and beat well. Then quickly add the baking powder. Spread with butter.

PANCAKE IN OVEN

One and one-half cups of flour, 4 eggs not separated, 2 cups milk, salt. Make thin.

GRUEL

Four tablespoonfuls of gluten flour mixed with a little water. Stir this into a pint of hot milk, a pinch of salt and a little butter. Let cook thoroughly.

WAFFLES

Four eggs

Four eggs, beaten separately, 1 pt. of milk, 2 cups of gluten flour, 1 sucre edulcore, 1 teaspoonful of salt. Butter the size of a small egg. Make batter, adding melted butter lastly, also whites stiffly beaten.

GERMAN WAFFLES

Beat up 3 yolks of eggs then add 1 pt. of sweet milk, 1½ cups of gluten flour and a pinch of salt. Beat this well. Add 1 tablespoonful of melted butter, then the beaten whites and 1½ teaspoonfuls of baking powder.

GERMAN PANCAKE

Five or 6 eggs, piece of butter, pinch of salt and 1 tablespoonful of gluten flour to each egg. Enough milk to make a very thin batter. Fry in butter and cover so that same will get high.

HOT CAKES

One and one-half cups of gluten flour, 2 eggs beaten together, 1 teaspoonful of baking powder, 2 cups of milk and a pinch of salt. Mix all well. The batter must be very thin. Put into a pitcher and fry on griddle iron well greased.

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Eggs

POACHED EGGS WITH TOMATOES

Make gluten buttered toast. Poach 1 egg for each piece of toast. Take 1 can of tomatoes and let it cook with a piece of butter, pepper and salt, uncovered. Pour around the platter containing eggs and toast.

EGGS FILLED WITH SARDINES

Boil 6 eggs hard. When cold cut a piece off the top. Take out the yolks, being careful not to break the white. Mash the yolks with ½ can of sardines and a little goose grease or a piece of butter and little lemon juice. Mix this well together. Fill the eggs, put the top on and serve on lettuce. Pour one spoonful of mayonnaise over it.

EGGS FILLED WITH ANCHOVIES

Can be made the same as sardines.

FILLED EGGS

Boil hard as many eggs as you would like. Cut in two. Take out the yolks. Chop up a little onion and parsley and fry in a tablespoon of butter, pepper and salt. Then fill the whites of the eggs. Place in a baking dish and bake, serving the eggs in the same dish. Butter the pan before putting in the eggs.

EGGS ON MOUNDS

Cut (with a cake cutter) some gluten bread into round pieces. Toast on both sides and butter well. Heap these with ground ham, grated dried beef or minced chicken. Put a good lump of butter in a frying pan and allow to get very hot, stir in 5 well beaten eggs. Season with pepper and salt and powdered parsley. Stir this all for 5 minutes. Then heap on the mounds and serve very hot.

EGGS

Boil hard as many eggs as you would like, cut in round thick slices. Pepper and salt. Dip each piece in a raw egg and then in gluten bread crumbs and fry in hot butter. Serve on a hot dish with cream sauce.

FRENCH EGGS

Break 5 eggs into a buttered dish, try and keep the eggs from breaking. Sprinkle with pepper and salt and small pieces of butter. Put in oven and bake until white is well done. Serve on buttered gluten toast.

Sauces and Puddings

DRAWN BUTTER SAUCE

Take 1 cup of milk, let it come to a boil, mix 1 tablespoonful of gluten flour in a little cold water until smooth, and stir this into the milk while it boils. When this thickens put in a piece of butter the size of an egg, pepper and salt.

BUTTER SAUCE

Mix enough gluten flour with a little milk to make a pap. Get a good piece of butter hot, not brown. Then mix in the milk and flour and let it boil. Add 1 egg well beaten and a little pepper and salt. This may be used over hard boiled eggs.

MAYONNAISE

Put the yolk of 1 egg into a small bowl. Mix well with a wooden spoon, then add a little Colman's mustard and a little salt. and stir well.

Work this well together. Then add drop by drop olive oil, stirring all the time while dropping this in. When you have enough add a little vinegar or lemon juice.

SAUCE HOLLANDAISE

Make a drawn butter sauce first. Mix 2 tablespoonfuls of butter with 1 tablespoonful of gluten flour to a paste, then add ½ pt. of boiling water and ½ teaspoonful of salt. Take from the fire as soon as it gets thick. After you take from the fire add the yolks of 2 beaten eggs. Add the juice of ½ lemon, a teaspoonful of chopped parsley and one of onion juice.

MUSHROOM SAUCE

Take the sauce of a can of mushrooms and thicken with a little gluten flour dissolved in milk. Add 1 tablespoonful of butter, pinch of salt and pepper.

ANCHOVY PASTE

Boil 6 eggs for 20 minutes. Rub the yolks through a sieve. Mix with this 1 large tablespoonful of butter and 4 tablespoonfuls of anchovy sauce, mixing thoroughly, using more anchovy sauce if desired. Put into jars and seal securely.

SAUCE AUX ANCHOIS

Put 1 tablespoonful of butter in a frying pan and let it get very hot. Add 1 tablespoonful of gluten flour and stir this well. Then take some bouillon or fish water and let this all cook up so as to form a thick gravy. Take a few sardellen, chop fine and put in sauce, allowing to boil a little. (First put the sardellen in water and let soak a little). Then take the yolks of 2 eggs, beat up and stir into the sauce. Add a little lemon juice.

LOBSTER SAUCE

Same as drawn butter. Add, when finished, 1 cup chopped boiled lobster and a little of the coral

rubbed to a smooth paste with a teaspoonful of butter. Return to the fire and stir 5 minutes. Serve with fish.

SAUCE TARTAR

Make a thick mayonnaise. Chop parsley, pickles, ½ teaspoonful Colman's mustard, the juice of a lime and vinegar. Beat the white of egg you have left from mayonnaise and add.

CREAM SAUCE

Put in a sauce pan on stove ½ pt. of cream and 1 heaping tablespoonful of butter and a little gluten flour dissolved in milk. Cook until thick. Thin with a little milk and add lastly a wineglass of wine (sherry preferred). Season with salt and add chopped truffles.

CREAM SAUCE, NO. 2

One tablespoon of gluten flour, and 1 of butter, ½ pt. of cream or milk, ½ teaspoonful of salt and pepper mixed. Melt the butter, being careful not to brown it. Add the gluten flour, mix until smooth, then add the milk or cream, stirring continuously until it boils. Add salt and pepper and use at once. If you are not quite ready to use it, stand it over boiling water to keep warm, stirring frequently to prevent a crust from forming on top.

EGG SAUCE

Three eggs beaten light. Add a spoonful of French mustard, juice of a lemon, tablespoonful of vinegar, salt and pepper and let it come to a boil in a rice boiler. Add chopped pickle and cream.

FRENCH SAUCE

Put in frying pan 1 tablespoonful of butter, 1 tablespoonful of gluten flour and let it get a golden brown. Add soup stock, a little salt and

vinegar, 1 sucre edulcore dissolved. Let this all boil for 5 minutes. Beat up the yolks of 2 eggs and pour in. This sauce can be served with meats or vegetables.

SAUCE TO THROW OVER GAME

One glass of claret, lemon juice, cayenne, salt. Mix well together. Slit breasts of game, throw over and put back in stove for a few minutes. Baste.

SAUCE FOR MEATS AND FISH

Put 1 tablespoonful of butter in a pan and let get hot. Add 1 tablespoonful of gluten flour and let get a golden brown and then put in 1 cup of cream or milk with a good pinch of pepper.

SAUCE FOR COLD SLAW

Two eggs beaten well, 1 cupful of vinegar, 1 sucre edulcore dissolved in 1 teaspoonful of milk, a small piece of butter and a little mustard. When these are all well beaten together, boil and pour over cold slaw.

BUTTER SAUCE

Three tablespoonfuls of butter, 1 tablespoonful of gluten flour, ½ pt. of boiling water, ½ teaspoonful of salt. Mix the flour and butter well together. Put on the back of the stove and add little by little the ½ pt. of boiling water. Let get thick and then add the salt. Take from fire as soon as finished.

FRENCH DRESSING

One tablespoon vinegar, 2 tablespoonfuls olive oil, a little salt and little black pepper. Mix this together in a bowl.

CELERY SALAD

Boil 2 roots of celery until tender. Let cool and peel. Cut in slices. This is very good with a French Dressing or a Mayonnaise Sauce.

EGG SALAD

Take 6 hard boiled eggs. Take out the yolks without breaking. Mix the yolks with ½ box of deviled ham. Add a good piece of butter and stir to a cream. Fill the cups of the eggs. Put on the tops which you have cut off to take the yolks out. Put it on a leaf of salad and pour a spoon of mayonnaise over it.

Eggs in any style may be eaten.

SAUCE FOR PUDDINGS

Heat 1 pt. of milk to boiling. Stir this into 2 eggs, 4 sucre edulcore, beaten together. Put in 1 teaspoonful of nutmeg and stand in pan of

boiling water. Stir until it begins to thicken. Take off and add ½ wineglass of brandy. Set it in a pan of boiling water until wanted.

LEMON SAUCE

Cream together ½ cup of butter and 4 sucre edulcore and beat in 1 egg whipped light. Add the juice and grate ½ the peel of 1 lemon, also add 1 teaspoonful of nutmeg. Beat hard for 10 minutes. Add 1 tablespoonful of boiling water at a time using 3. Put in a farina boiler and let it get very hot, but not to boiling. Stir all the time.

LEMON SAUCE, NO. 2

Juice of 1 lemon and ½ cup of water. Add a little grated peel, 2 sucre edulcore. Let this all come to a boil, adding the yolks of 2 eggs. Keep stirring all the time, then add the beaten whites and take from fire.

LEMON SAUCE, NO. 3

Put on to boil as much milk as you would like sauce, then add sucre edulcore to taste, 1 or 2, dissolved first. Add the beaten yolks of 2 eggs, adding the boiling milk to the yolks, a little at a time. Flavor with lemon extract.

CUSTARD SAUCE

Put on in a farina boiler ½ pt. of milk. Beat the yolks of 2 eggs with 3 sucre edulcore to a cream, then stir into the boiling milk. Stir until it thickens. Take from the fire and add teaspoonful of brandy and let get cool.

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